

Training Day on Saturday 28th November 2020 at Parc Bryn Bach

Process goals for the session:

1. **For athletes to undertake an off-track aerobic interval (zone 5) session – such sessions provide real stress on the aerobic system, improving the ability to support the anaerobic system**
2. **For athletes to judge pace and effort when not on a track to ensure they maintain the pace and effort throughout the session**
3. **To consider what snacks and hydration to have pre- and post- session to ensure ready for session and to aid recovery post session**

Before session

Athletes provided with PowerPoint focusing on food and drink for both before and after a session. Athletes encouraged to think how best to fuel themselves before the session so ready for the session, and after the session to aid recovery. Athletes provided with a snack list and encouraged to bring appropriate snack along as well as water to aid with recovery after the session.

RAMP warm up – this was led by the coaches, but athletes are encouraged to become gradually more independent with regards to their warm up

Raise heart rate - 1 lap around Parc Bryn Bach (about a mile)

Activate and Mobilise muscles

- Hamstring sweeps (mobility – hinge at hip)
- High knee walks (mobility and form – high hips, look straight ahead, dorsi-flex the toe)
- High knee walks with knee pull up (mobility and form - high hips, look straight ahead, dorsi-flex the toe)
- High knees (activation – high hips, look straight ahead, land with foot under body on ball of foot)
- Lunge walk (physical prep and mobility – high hips, upright body, look straight ahead, as big a forward step as possible)
- Squat walk (physical prep and activation – keep heels on floor, keep upper body straight, push knees apart)
- Flamingo walk (physical prep and activation – straight line from head to toe, try not to rotate hip up)
- A-skips (activation – high hips, look straight ahead, dorsi-flex the toe)
- Dribbling (activation - high hips, look straight ahead, land with foot under body on ball of foot)
- Straight leg running (activation – high hips, look straight ahead, land with foot under body, pull back hard on the floor)

Potentiate so ready for session

- 4 x20s with 40s recovery at perceived effort of 8 out of 10 – gets the energy systems firing ready for the session ahead

Session

2 sets of 3min, 2min, 1min, 2 x 30s with recoveries as jogs for the same length of time as the previous effort, and 2mins between sets.

Important tips for off track aerobic interval (zone 5) session

- perceived effort around 8 out of 10, no higher
- talk test could provide one or two word answers to questions
- total amount of effort around 12-16 minutes
- recovery same length of time as effort
- keep recovery as a jog so it is active
- maintain form as get more fatigued throughout the session

Warm down

Easy jog around the lake (about a mile) to gradually bring heart rate back down

Encouraged to take on fluids (e.g. water, milk) and food (e.g. banana, Soreen) to aid with recovery following the session